



THE PRACTICAL HOUSEKEEPER'S OWN PAGE



Face Study

By E. S. Goodhue, M. D.

In giving any specific hints under face study I want to have no misunderstanding as to what I say. My observations on the analogy between certain facial forms and particular traits of character, are observations only.

They bear no relation to analytical study, or to "phenology" or physiognomy so-called.

In this field we have scant data, the exceptions make a long series, but still there is a tolerable certainty that our conclusions are correct. And, on a few points different observers are well agreed. For instance, that a large nose, large ears and eyes are fortunate possessions if in agreement with other features of the face. Generally thick lips indicate sensuality, small eyes secretiveness, small ears stinginess, a small nose lack of force and originality and so on.

These features, however, must be defined comparatively, and you could not say that in our sense Mr. A's nose is larger than Mr. B's if Mr. A is over six feet in height and Mr. B only five feet two.

And so on in the typical difference between the sexes and races.

Taken in this way what I have jotted down may have some value for the observant person who is interested enough to compare or correct at his leisure.

THE FOREHEAD.

High for men and medium for women, are the aesthetic standards, but high or low are only relative terms, and as a measure of intellectual power are not infallible.

The hydrocephalic child usually has a very high, broad forehead, and such foreheads belong to many idiots, imbeciles, or at best, dull persons.

There is some truth in the remark of the cynic who said—"Tell me what sort of a life the man has lived and I will read his character from his head."

In many cases the head is really well shaped with a high forehead, but owing to low growing hair an observer is deceived. Or the reverse with a bald-headed man.

The very high, broad, white forehead we sometimes see, generally belongs to the visionary, a man of small judgment but great self-importance, given to all manner of schemes which get him and his friends into trouble.

He acquires well, remembers easily, but is rather conventional, and as a rule he is argumentative and voluble.

Foreheads of medium in length and breadth, I have observed usually in well-balanced men, active, of quick perception—the doers of things in the world.

Edward Bellamy had such a forehead, so had Emerson.

They both possessed fancy and were contemplative, but both were eminently practical Americans who saw to their own business affairs. Browning, Bryant, Hardy, Holmes, Howell, Longfellow, Lowell, Stedman, Taylor, Tennyson, Thackeray, Dickens, may be put in this class.

A very low forehead indicates a low grade of intellect.

An uneven, knotty forehead is an indication of an original, investigating mind. Darwin had such a forehead. So had Theodore Parker and Freeman Clarke.

Heavy eyebrows are found in men of strong physical form and rugged health.

Foreheads in which the top tier as it were projects over the lower, show mental weakness.

And a writer has said that a "two-knob" forehead is a bad advertisement for the possessor.

High foreheads with close-drawn skin, showing no wrinkles—"the white forehead," indicate a selfish, shallow, conceited person.

A bad sign is a very flat forehead, or a forehead descending abruptly at the superior border; it stands for a limited apprehension.

Highly arched foreheads are found in men of cold, unsympathetic dispositions, and often of stupid perception; often in such the eyebrows are scanty.

The chief indication of a very broad forehead fashioning the whole face as to width, is obstinacy; pigheadedness. Mr. Carnegie has such a face, though perhaps Mr. Carnegie is not a good type.

Two perpendicular wrinkles running up the forehead between the eyes are indicative of a thoughtful person.

They are called lines of contemplation by the physiognomists.

Darwin had shaggy eyebrows; they belong to men of force and good judgment. Arched or curved eyebrows are a sign of the artistic temperament, and considerable width between the eyes and eyebrows show openness and sincerity of character; outspokenness and independence. The reverse are found often with the opposite qualities.

A forehead much shorter than the nose indicates dullness; such persons are poor letter writers.

Parallel oblique lines in the forehead indicate a weak mind.

Fullness of the temples is generally found in persons of a mathematical turn of mind.

If the fullness be in the lower part, it is indicative of a love for good food. Dumas is an example.

Horizontal eyebrows, well defined but not too heavy, are found in a perfect forehead.

A forehead which is long and reaches upward and outward is a sign of a servile, politic mind.

When the lower part of the forehead is smooth and the upper part wrinkled horizontally, you may look out for a disagreeable disposition.

A perpendicular, very high, very low, or protruding forehead is always bad and indicative of pure selfishness.

A music-loving disposition is shown by a fullness of the head above the ears; full temples.

A perfectly divided face is as follows: One third from the roots of the hair to the root of the nose; one third from the root of the nose to its tip, and one third from the tip of the nose to the tip of the chin, equal parts. In partes tres, like old Gaul.

Dr. Gower says: "Delicate features are never found in faces of men of low organization or coarse habits."

THE NOSE.

The nose is one of the chief landmarks of the face.

Without it the face is like a city without street numbers.

About the first thing one sees in a face is its nose, looming up in the distance like the mast of a ship on the horizon, and you judge intuitively of the person you see as the nose is large or small, broad or deep or sharp, pug or the reverse, red or pale, dignified or commonplace.

If I were a new King getting up a nobility or aristocracy, I should make a selection of noses; take all those who had good noses and make Dukes and Earls of them.

They might turn out badly, of course, but they would offer a better per centum and average than any of the aristocrats of the old world. The echo of Who Knows is, Whose nose?

Large noses are said to indicate generosity, and with the proverbial exception, they do.

But you must know what large means.

It is not very long noses but well proportioned ones.

If a nose occupies its proper place in the face, it will be large. Besides, you may have noses large at the tip and low bridged; such are not "large" in the right sense.

Long noses which project from the tip—or eave over the face—and are larger there than at the bridge, are the very worst recommendation to their possessor.

They belong to smallgifted, jealous, disagreeable persons.

However, when you meet such a nose whose owner is the reverse of all this, you will know that he is an exception.

But this nose with prominent, protruding eyes is an almost certain indication of a coarse-grained individual.

On the other hand, long, sharp pointed noses belong to very exact, rather acid men and women.

They may have fine qualities but as a rule are disliked by those who are with them most. Benjamin Harrison had such a nose.

A man who has a nose of this sort, and who, when he laughs, wrinkles the skin at the bridge and adjoining cheek, is sly, and given to investigations of a scavenger nature; he loves to find out things about good people, and on the sly to prove that Mr. So and So is not all that he represents himself to be.

Many an old maid has this sort of a nose, and not a few ministers. They are generally savers of money.

Persons of small vital force and a tendency to phthisis, usually have thin nostrils which are very mobile.

The perfect nose has a bridge which is wide and almost straight.

The nose with thick nostrils, large spaces for air, thick and pulpy is found in people of a lower order.

A nose with a slight turn upwards is generally indicative of "uprightness," impudence, selfassertion without accompanying ability. But pug noses are also found in persons of a very sweet disposition and often in those who have unusual musical ability.

In such there is generally a modifying facial quality like a refined and pleasant mouth.

In all good noses there is a depression between the nose and forehead. Idiots have no such depression, as a rule.

A high, broad nose not projectile either upward or downward, is indicative of character and originality.

A nose of the same depth from the tip to the upper part of lip as from the bridge to the inner part of cheek, shows a refined, individual person.

Roman nose—character; Greek nose, taste.

Persons whose noses taken in profile appear convex especially in the center, usually are lively in conversation and possessed of wit.

A well proportioned, prominent nose, refined mouth and strong chin are the best facial combination a person can have.

Regular, even noses are usually found in well balanced individuals.

Noses turned down and inward at the tip show a penurious often ill-humored person. Such a nose had Scrooge, I am sure.

Such noses abound among the money getters.

Turned up noses under high, broad foreheads are almost always found in men of despotic temperament, conceited and supercilious.

Such men usually make it a business to have a ready-hand knowledge.

A habit I have noticed in such persons and in all egotists, is that of walking with the chin upwards and outwards, the reverse of the thoughtful man who walks with his chin down and his forehead forward.

CLEANING GLASS.

Place pulverized pumice stone between the layers of a folded piece of soft muslin and stitch around the edge to keep the powder from spilling. Wipe lamp chimneys or window panes with this dry cloth and they will be clean and sparkling almost instantly. Enough powder will remain in the cloth to be used many times.

REMEMBER THIS.

A spot on polished wood caused by a hot dish being placed upon it will disappear if it be covered with a little salad oil and salt, which, after it has been left on for an hour or so, should then be rubbed off with a soft cloth.



Delicious Candies

There is no better sport for young girls when they meet in the evening than candy making. Delicious varieties can be prepared with little trouble and small expense. Probably the most popular, however, are chocolate caramels or chocolate candies in all forms.

CARAMELS.

One-quarter of a pound of brown sugar, one-quarter of a pound of butter, one tumblerful of milk or cream.

Put all together and let them melt. Boil for twenty minutes, pour on buttered dishes and before quite cold cut in small squares with a sharp knife.

After taking off the saucpan add half a teaspoonful of essence of vanilla. Be careful not to take the caramels off the fire until they are cooked. Test by dropping a little in cold water.

CHOCOLATE DROPS.

Scrape one pound of chocolate, lift and beat into it four pounds of sugar. Beat to a froth the whites of four eggs and add the sugar and chocolate. Beat as stiff as a paste. Grease a papered pan and drop the mixture upon it (about the size of a five-cent piece). Bake in a slow oven.

MOLASSES CANDY.

Half gallon of West India molasses, one pound of sugar, quarter of a pound of butter.

Boil for three hours, and just before the candy is done add the juice of a lemon. Try some by cooling it on a plate to see if it is sufficiently stiff.

Pull as for sugar candy for half an hour.

A little vinegar on the hands will make the taffy crisp. It should be a light yellow color when pulled.

BUTTER SCOTCH.

Two cupfuls of sugar, two tablespoonfuls of water, a piece of butter the size of an egg, boil without stirring until it hardens on a spoon. Pour out on buttered plates to cool.

COCONUT CANDY.

Grate the meat of a coconut and have ready two pounds of granulated sugar and the beaten white of two eggs, also the milk of the coconut. Mix them all together and make into small cakes. In a short time the candy will be sufficiently dry to eat.

PEANUT TAFFY.

One pound of brown sugar, quarter of a pound of butter, one quart of peanuts toasted a light brown.

Put the sugar and butter in a skillet with two tablespoonfuls of water, let this boil until the taffy is a clear, dark color, then stir in the peanuts, boil for fifteen minutes.

Have ready the gridiron on which breakfast cakes are baked and drop one spoonful of taffy on at a time; it will cool quickly, and makes pretty cakes. Soapstone griddle is the best and it cools the taffy quickly and does not retain heat.

LEMON TAFFY.

One pound of brown sugar, quarter of a pound of butter, four tablespoonfuls of water.

Let it boil until a clear brown color, season with a little lemon juice after it is taken off the fire, then drop it on the soapstone griddle as in directions given for peanut taffy.

LEMON CANDY.

Put into a kettle three and a half

pounds of sugar, one and a half pints of water, one teaspoonful of cream of tartar, boil until it becomes brittle when dropped in cold water.

When cooked pour into a shallow dish which has been greased with a little butter. As soon as this has cooled enough to handle, add one teaspoonful of tartaric acid and the same quantity of extract of lemon, work them into the mass. The acid must be fine and free from lumps. Work this in until evenly distributed and no more, as it will tend to destroy the appearance of the candy.

WALNUT CREAMS.

One cup of granulated sugar, half cupful of hot water, boil hard for three minutes or until it jellies in cold water, cool it and beat fast until it creams, spread on a platter and put on walnuts split in half.

NOUGAT.

Blanch one pound of shelled sweet almonds and with a sharp knife split each almond into two slips. Spread them over a large dish and place them in a moderate oven.

Take two pounds of sugar, put it into a pan without water; set it on a dish with feet (a chafing dish will answer), place this over a slow fire and stir with a wooden spoon until the heat has entirely dissolved it.

Take the almonds out of the oven and mix them with the juice of two or three lemons, put them into the sugar, a few at a time, and simmer until it becomes a thick, stiff paste, stirring all the time.

Have ready a mould or pan greased with sweet oil, put the mixture into it, smooth it evenly and set in a cool place to harden. When almost hard cut it into long slips.

Household Wisdom

MATCH MARKS.

Marks of matches on a kitchen will disappear if rubbed first with the out surface of a lemon, then with a clean cloth dipped in whiting.

Afterward wash the surface with warm water and soap, and quickly wipe with a clean cloth wrung out of clear water.

WHEN CLEANING COPPER.

When cleaning copper use hot vinegar in which a little salt has been dissolved.

A thorough washing with soap and warm water must follow, and every trace of the acid be removed before finally polishing with dry whiting. If vinegar is allowed to remain, verdigris will appear and the article be completely ruined.

To keep copper articles bright for several weeks an immersion in boiling ale is recommended. Steep the outside of the copper in hot ale and put near the fire to dry. Utensils thus treated must not be wiped after being immersed.

ECONOMY IN FUEL.

Economy in fuel for cooking is not always practiced by cooks. It is a great mistake to fill up the grate to the top with coal and heat the stove so as to make the top red-hot. Keep the fire well burning, and add only a shovelful at a time.

If this is done at the proper time the

Good Things to Eat

The following recipes have all been tried and are recommended to housewives:

GOOD BREAKFAST DISH.

Put into the double boiler one large cup yellow cornmeal and four thin slices of bacon cut into dice. Add a little salt and fill the cooker with cold water. Let it cook about an hour and a half, turn out into a pan to cool, slice cold and fry. A good breakfast dish.

APPLE SAUCE CAKE.

Stir into one cupful sweetened apple sauce one teaspoonful soda. Cream half cup butter with one cup sugar and half teaspoonful salt. Beat this well into the apple sauce, adding one cup raisins or currants, or both, mixed, and spices to taste. Last of all stir in one pint of flour. Bake in a loaf in slow oven.

BROWN BETTY.

Slice apples fine, crumble your bread and put a layer of crumbs in pudding dish, then a layer of apples. Sprinkle with cinnamon and currants. Continue until you have amount required, then drop bits of butter here and there on top. Add a little water and cook in slow oven until brown.

CANNED PEACH PUDDING.

Slice a sponge cake into inch layers and cut with a round cookie cutter. Place in a glass dish and moisten with the syrup from a can of large half peaches. Place a half peach on each piece, with the inside up. Sweeten whipped cream and flavor it with vanilla. Chop nuts very fine and add them to the cream. Heap this on each half peach.

DROP CAKES.

Beat the yolks of three eggs with one cupful of sugar, add one cupful of molasses, one tablespoonful of melted butter, three-fourths of a cupful of sweet milk, two teaspoonfuls of soda dissolved in the milk, one cupful of raisins, nutmeg and cinnamon to taste. Add flour to make a drop batter. Drop by spoonfuls on a baking sheet, and bake in a moderate oven.

CREAMED OYSTERS.

Melt two tablespoonfuls butter in a saucpan and add two heaping spoons of flour; stir in gradually two cups of heated milk. Wash and pick over carefully one quart of oysters, boil them in their own liquor, then drain and add to the cream. Salt and pepper to taste.

oven will be in prime condition for baking, and the top will be hot enough for cooking purposes.

TO REMOVE DRIED INK STAINS.

The best way to remove ink stains that have dried is to rub them with milk till the stain fades away, changing the milk as it becomes discolored; afterwards rub with ammonia to remove the grease.

Fresh ink stains should be sprinkled with salt, which absorbs the ink, and so prevents the stain from spreading. Brush it into a dustpan as soon as it is discolored, sprinkle with fresh salt, removing that in the same way.

LACQUERED BRASS.

Lacquered brass must not be allowed to get black, but should be cared for in the beginning, while it is still new and bright, and thus ensure a longer and brighter existence of it.

It should be washed occasionally with slightly warm, soapy water, then dried with a clean cloth and polished with a clean, dry camellia leather.

In damp weather lacquered brass should be well rubbed every day with a clean, dry leather. Treated in this way the lacquer can be kept beautifully bright.

FLUSHING WASTE PIPES.

Give thorough attention every week to the plumbing of the house. All waste pipes should be flushed with boiling lye in sufficient quantities to eat away the accumulation of grease that coats the interior of the pipes leading from the kitchen.

A solution of permanganate of potash is invaluable for flushing the pipes, leading from stationary washstands. The solution in either case should be poured rapidly so that the pipes are full, and every bit of the interior surface is thus made sanitary.

A pound of copperas dissolved in a bucket of water is an excellent disinfectant, as is also a boiling solution of common or washing soda, one pint to three gallons of water.

TO MEND CHINA.

One of the latest known, though also one of the simplest and effective cements for mending china is white oil color, such as is usually sold in tubes, from which it is squeezed out in the desired quantity.

Broken things should always be mended as soon as possible after the accident, but, of course, there are occasions when this is not feasible.

Paint the broken parts with the oil, press them in position, tie them together and the operation is complete.

The only precaution to observe to insure perfect success is to put the mended article away to dry thoroughly for six weeks; after that period, however, neither heat nor cold, nor moisture should affect the cement.

If, after complete drying, any color remains, having possibly oozed out, it must be carefully scraped off with a knife.

If any kind of earthenware vessel is cracked and leaks it can be so treated as to be quite of use again.

Put the cracked utensil into a fish kettle or other suitable vessel that will hold it conveniently, covering it completely with cold milk. Set it over a moderate fire, let the milk boil up gradually and nearly boil itself away.

When the liquor has been absorbed by one-half stand the vessel aside and when the contents are quite cold the dish will hold water again.

If necessary to thin, add a little oyster juice.

COCONUT WAFERS.

Roll rich paste into a thin sheet and cut in strips five inches long and one inch wide. Brush these over with beaten egg and sprinkle generously with grated coconut. Place on a buttered baking sheet, chill thoroughly, and bake in a hot oven. Cool before serving.

IMPERIAL MUFFINS.

One cup milk scalded, one-half teaspoon salt, one-fourth cup lukewarm water, one and three-fourths cups flour, one cup cornmeal, one-fourth cup melted butter.

Add the sugar and salt to the milk, and when lukewarm add the yeast and flour. Let rise until double in bulk, then add the cornmeal and butter, and let rise over night. In the morning cut down, fill buttered muffin rings or gem pans half full, and let rise until nearly full. Bake in a hot oven.

VIRGINIA FLAPJACK.

Make a biscuit dough, roll half an inch thick, make into a cake the size of the spider; bake over a moderate fire in the greased spider; cover with a lid until it is raised; when brown, turn with a cake turner; this saves heating the oven and is good for an occasional change. The cake may be scored, so it will break in squares. Spread with butter and sprinkle with brown sugar.

GERMAN EGG SALAD.

Eight hard cooked eggs, one head lettuce, six thin slices breakfast bacon, vinegar and pepper. Wash the lettuce and arrange it on a platter; slice the eggs on the lettuce and sprinkle with salt and pepper; cut the slices of bacon into very narrow strips crosswise and fry crisp; remove from the pan and sprinkle them over the eggs; to the fat in the pan add vinegar and pepper to taste; have the mixture boiling and well blended; pour it over the salad and serve at once.

BEEFSTEAK WITH OYSTER BLANKET.

Wipe a sirloin steak 1 1/2 inches thick; broil five minutes and remove to platter. Spread with butter and sprinkle with salt and pepper. Clean one pint of oysters and cover the steak with them, sprinkle with salt and pepper and dot with butter. Place on grate in hot oven and cook until oysters are plump.

The Ease of a Course Dinner

By Orline Dorman Foster.

Many of our housewives who want the elegance of a course dinner, yet who are limited to the services of one maid, would be much amazed at the ease with which they can both cook and serve if a little forethought be used in the menu.

COCKTAIL.—A preliminary cocktail, prepared beforehand from a bottled sauce or catsup and marinated oysters or clams, makes a good beginning and can be made ready in the early morning and placed on ice to great advantage.

SOUP.—A clear soup with vermicelli or noodles can be cooked the day before and may simmer quietly for half an hour before serving time without further care.

FISH.—Fish is well represented by deviled crabs, seasoned and turned into little mounds in the center of cockle shells. This must be done any time several hours previous to the feast and all they need at meal time is a simple browning in the oven.

MEAT.—Large and substantial roasts are not only hard to prepare and serve but also fill the oven to the exclusion of everything else, so why not have delicious little steaks, filet of beef, with canned French peas, and pomme de terre au gratin, served in ramekins and prepared early in the day from mashed potato and a sprinkling of grated cheese.

SALAD.—Most salads may, without serious injury, be mixed several hours before using and placed in a large bowl in the refrigerator, placing it on the lettuce leaves at serving time. Cheese balls are better made early and iced.

DESSERT.—Certainly for dessert nothing could be more delicious, more appetizing or more decorative than individual Charlotte Russe, more popular than ice-cream with hot maple or chocolate sauce and stuffed wafers, or more soul satisfying than a tutti-frutti French cream, all of which may be either ordered from the caterer or made at home early.